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BACKLASH

Trump's immigration stand ignites coast-to-coast protests. 6-12

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MCCAIN: IMMIGRATION ORDER CONFUSING

1 Sen. John McCain said that President Donald Trump's order targeting immigration from seven predominantly Muslim countries has been "confusing" and raised a number of questions. "It's been a very confusing process," McCain, a Republican and chairman of the Senate Armed Services Committee, told CBS' "Face the Nation." McCain said the effect of Trump's immigration order

"will probably, in some areas, give ISIS some more propaganda," and asked why the countries targeted by the order included Iraq, where U.S. forces are fighting alongside Iraqi forces against Islamic State. McCain said he was "worried" about the addition of Steve Bannon to the U.S. National Security Council. REUTERS

REACTION AGAINST IMMIGRATION ORDER

2 A global reaction against President Donald Trump's immigration curbs gathered strength as several countries including long-standing American allies criticized the measures as discriminatory and divisive. Governments from London and Berlin to Jakarta and Tehran spoke out against Trump's order to put a four-month hold on allowing refugees into the United States and temporarily ban travelers from Syria and six other Muslim-majority countries. In Germany — which has taken in large numbers of people fleeing the Syrian civil war — Chancellor Angela Merkel said the global fight against terrorism was no excuse for the measures and "does not justify putting people of a specific background or faith under general suspicion," her spokesman said. REUTERS

ORDER MAY HELP RECRUIT TERRORISTS

3 Republican Sens. John McCain and Lindsey Graham said that President Donald Trump's order halting arrivals of refugees and others from seven Muslim-majority countries may do more to help recruit terrorists than improve U.S. security. "Ultimately, we fear this executive order will become a self-inflicted wound in the fight against terrorism," they said in a statement, adding

that the United States should not stop green card holders "from returning to the country they call home." "This executive order sends a signal, intended or not, that America does not want Muslims coming into our country. That is why we fear this executive order may do more to help terrorist recruitment than improve our security," said McCain, of Arizona, and Graham, of South Carolina. REUTERS

NYC CHINESE NEW YEAR

5 Members of the Chinese community take part in celebrations for the Chinese New Year on Saturday in New York City. 2017 is the year of the rooster and Canal Street was the venue for the Firecracker ceremony and Cultural Festival. PHOTO BY LENYON WHITAKER

5 THINGS YOU NEED TO KNOW

ATTORNEYS GENERAL DECRY TRUMP'S ORDER

4 Democratic attorneys general across the United States condemned President Trump's order to restrict people from seven Muslim-majority countries from entering the country and are discussing whether to challenge the administration in court. A lawsuit brought by states would heighten the legal stakes surrounding the executive order, since courtroom challenges have so far mostly been filed by individuals. The attorneys general from 15 states and the District of Columbia said in a joint statement they would work together to fight to ensure the federal government respected the Constitution. The officials that signed the statement represent California, New York, Pennsylvania, Washington, Massachusetts, Hawaii, Virginia, Vermont, Oregon, Connecticut, New Mexico, Iowa, Maine, Maryland, Illinois and the District of Columbia. REUTERS

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KIMBERLY AQUILINA, WEB REPORTER

President Trump's immigration order ignited waves of protests from coast to coast. As expected, the president took to Twitter to dismiss his critics and blame the media for "false" reporting. Check out Metro's reporting and photos from the protests and decide for yourself.

metro.us/news

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Trump defends immigration ban as thousands protest coast to coast

Prominent Republicans warn that the president's order could fuel terrorist recruitment.

Thousands of protesters gather at Battery Park in lower Manhattan for a pro-Immigrant rally on Sunday. AARON ADLER

President Donald Trump on Sunday defended his move to ban entry of refugees and people from seven Muslim-majority nations and said the United States would resume issuing visas for all countries in the next 90 days as he faced rising criticism at home and abroad and new protests in U.S. cities.

Trump signed the directive on Friday, but the policy appeared to be evolving on the fly. Democrats and a growing number of Republicans assailed the move amid court challenges and tumult at airports. Trump's critics have said his action violated the Constitution.

Outside the White House, where some viewing stands from Trump's Jan. 20 inaugural parade still stood, several thousand protesters denounced him, carrying signs such as "Deport Trump" and "Fear is a terrible thing for a nation's soul." Tens of thousands turned out at protests in many cities, including New York, Los Angeles, Boston, Houston, Dallas.

Trump on Friday put a four-month hold on allowing refugees into the country, an indefinite ban on refugees from Syria and a three-month bar on citizens from Iran, Iraq, Libya, Somalia, Sudan, Syria and Yemen.

Border and customs officials struggled to put Trump's directive into practice. Confusion persisted over details of implementation, in particular for the people who hold so-called green cards as lawful residents.

Sen. Bob Corker, the Republican chairman of the Senate Foreign Relations Committee and a Trump supporter, said the president's order had been poorly implemented, particularly for green card holders.

"The administration should immediately make appropriate revisions, and it is my hope that following a thorough review and implementation of security enhancements that many of these programs will be improved and reinstated," Corker said.

Trump defended his action.

"To be clear, this is not a Muslim ban, as the media is falsely reporting," Trump said in a statement on Sunday. "This is not about religion - this is about terror and keeping our country safe. There are over 40 different countries worldwide that are majority Muslim that are not affected by this order."

He added: "We will again be issuing visas to all countries once we are sure we have reviewed and implemented the most secure policies over the next 90 days."

White House Chief of Staff Reince Priebus said people from the seven countries who hold green cards would not be blocked from returning to the United States, as some had been following the directive.

Priebus added that these green card holders would be subjected to "more questioning" by Customs and Border Patrol agents when they try to re-enter the United States "until a better program is put in place over the next several months."

Sens. John McCain and Lindsey Graham, prominent Republican foreign policy voices, said in a joint statement that Trump's order may do more to help recruit terrorists than improve the nation's security.

"Ultimately, we fear this executive order will become a self-inflicted wound in the fight against terrorism," they said. "This executive order sends a signal, intended or not, that America does not want Muslims coming into our country."

Trump blasted the two senators in a Twitter statement, calling them "sadly weak on immigration." REUTERS

Thousands converge in Battery Park to protest immigration ban

Prominent politicians and thousands of people from New York and beyond followed the call to activism to Battery Park on Sunday, for a second day of protests against President Donald Trump's executive order banning immigrants and refugees from seven Muslim countries.

Against the backdrop of the Statue of Liberty, a series of Democratic officials and leaders including Mayor Bill de Blasio, Sen. Chuck Schumer, Sen. Kristen Gillibrand, Sen. Corey Booker of New Jersey and state Sen. Jerry Nadler made clear their commitment to resist the president's orders and champion the city's multicultural community.

"Deliver a vociferous 'NO' to the president and those horrible executive orders … that are against everything that is American," roared Schumer.

The protest's Facebook page indicated that 13,000 people planned to attend the protest, although no official numbers from the turnout have been released.

"We came to this country for freedom. We came to this country because it is a beacon," de Blasio said. "We will not let this beacon be put out by Donald Trump."

Sunday's march started at Battery Park and ended at One World Trade Center, where protesters continued to gather hours later. Sunday's rally was organized by several groups including The New York Immigration Coalition, Make the Road New York and Jews for Racial and Economic Justice just hours after an all-day protest at JFK International Airport on Saturday, where dozens had been detained by immigration officials and the Department of Homeland Security on orders from the White House.

Demonstrations also resumed at JFK International Airport on Sunday at Terminal 4.

Fired-up immigrants came from other states to join New York in its demonstration against the controversial executive orders.

Wojdan Yousef drove with a group of women from Connecticutt. Yousef's mother was preparing to come to New York this week from Libya with a visa but now is likely not to make it past customs in either country, Yousef fears.

"She hasn't been in New York since 2010. Now I don't know when is the next time I will see her," Yousef said.

AMANDA MIKELBERG

Thousands of protesters march through lower Manhattan after a pro-Immigrant rally in Battery Park the day after President Donald Trump's "Muslim Ban" was issued. AARON ADLER

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TRUMP'S AMERICA

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Thousands more anti-Trump demonstrators made that point quite eloquently yesterday.

If you doubt that America's new unwelcome mat is all about religion, consider the Muslim percentage of the seven countries singled out by Donald Trump: Iraq (95 percent%), Iran (99.4 percent), Libya (97 percent), Somalia (99.8 percent), Sudan (97 percent), Syria (93 percent) and Yemen (almost 100 percent).

Now, compare that to the percent of terrorists in America who came from the same seven Middle Eastern and African lands: Zero. And Saudi Arabia, the 9/11 motherlode of anti-American terror, isn't even on the new president's stay-out list.

ELLIS HENICAN

Opinion

Ellis Henican is a seasoned observer of the nation's political and social landscape. He has appeared as a commentator on CNN, MSNBC and Fox News. He is a former columnist at Newsday. Follow him @henican

Protesters gathered Saturday night at JFK International Airport in New York. GETTY IMAGES

Yes, Trump's "extreme vetting" was hardly vetted at all.

Apparently, Rudy Giuliani is the brains behind the de facto ban, along with senior White House strategist Steve Bannon. The former New York City mayor said Trump "called me up" and requested: "Show me the right way to do it, legally."

Rudy may have miscalculated this time. After flash mobs of outraged protestors stormed JFK, Dulles and other American airports and U.S. allies went bonkers around the world, a federal judge in Brooklyn pulled an emergency brake on the whole fiasco. None of the airport detainees should be sent back to their dangerous homelands, District Court Judge Anne Donnelly ruled.

What does America stand for? Freedom or fear?

The surprising part was how ineptly the whole thing was done. No one outside a narrow White House circle was consulted beforehand. Not Homeland Security secretary John Kelly. Not CIA director Mike Pompeo. Not the legal staff at the Justice Department.

This was, "Let's wing it! We won the election! Let me howl!"

Now, get ready for more. Kelly and Pompeo, two actual pros, were both pink-slipped off the National Security Council. They're making room there for Bannon, Rudy's partner in sneaky bans and former executive chairman of Breitbart alt-News.

What else could possibly go wrong?

Immigration lawyer explains Trump's executive orders

In his first week in office, President Donald Trump signed five executive orders and those actions have spurred a lot of responses, but what can these orders actually do? Laura Rotolo, an immigration lawyer with the ACLU of Massachusetts, explains.

These are executive orders and not laws, does that affect anything?

Immigration is a complicated area that's governed both by executive action and congressional action. Some of the things Trump is talking about can only be done through Congress, though there is a lot of executive power in immigration. But these things are going to need money.

Trump's executive order concerning sanctuary cities says they "willfully violate federal law in an attempt to shield aliens from removal" from the U.S.; is that true?

The fact that it says "willfully violate" is really important. Most of these sanctuary cities and trust act policies do not willfully violate any federal law. The federal law that the executive order focuses on is actually very narrow — all that law says is that no agency or official can prohibit or restrict the flow of information among agencies about two things, citizenship and immigration status. The policies that I've seen in Massachusetts do what they have a legal right to do, which is refuse voluntary collaboration with immigration.

Can you clarify what is voluntary and what would fall into the flow of information?

President Donald Trump signs three executive actions. PETE MAROVICH/UPI

Some of it is information, but it's not information that falls into those two categories. If you have somebody in your custody, [Immigration and Customs Enforcement] wants to know "when is that person getting out so we can come pick them up?" That is not prescribed in the statute. Holding somebody in a local cell, paid for by the locality, supervised by local officials — that is something the federal government can't force localities to do.

If a city refuses to comply, this order says it could withhold federal funding. Can it be done?

We would see any withholding of funding as coercion. The lawsuit about Obamacare is really helpful here: The Affordable Care [Act] case talked about withdrawing funding from cities who were not complying and the Supreme Court talked about using that funding as coercion and struck down those provisions.

What cities could be targeted?

There is no legal definition of what a sanctuary city is. That being said, the executive order says that the attorney general will decide which cities are subject to this sort of retaliation — which cities they consider to be a sanctuary city. So even if your city doesn't call itself that, the attorney general may designate it one and go after its funding.

What is the legal responsibility when an undocumented immigrant is talking to law enforcement for something unrelated to their immigration status?

It'sw sort of a states' rights and cities' rights issue. Police chiefs have said across the country that they can't win the trust of the community if they're seen as ICE agents. It's better for community policing to draw a clear line — not talking about immigration status at the local level and not turning people over to ICE. If you know your police are going to turn you over, you won't call for help, you won't collaborate in fighting crimes.

For more views on the president's orders, visit metro.us.

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New York Gov. Andrew Cuomo GETTY IMAGES

Gov. Cuomo offers legal aid to airport detainees, protection for transit workers

"We have no tolerance for intolerance," the governor said.

GARY KANE
@MetroNewYork
gary.kane@metro.us

Gov. Andrew Cuomo is dispatching lawyers from his office and the Port Authority to aid persons detained at airports by federal authorities enforcing President Donald Trump's executive order on immigration.

In addition to providing legal counsel to detainees, the governor announced during a news conference Sunday that he is proposing legislation to protect transportation workers against physical assault perpetrated by anyone on the basis of race or religion.

The proposed bill was sparked by an attack against Rabeeya Khan, a Muslim airline employee in her office in the Delta Sky Lounge. A Massachusetts businessman, 57-year-old Robin A. Rhodes, is accused of mocking her religion and kicking her in the leg. He is being charged with hate crimes, prosecutors said.

Anyone convicted of assaulting an airport worker or other state transit employee would be guilty of a class D felony and subject to a maximum sentence of seven years in prison under the new law, dubbed the Transportation Worker Protection Act.

"We have no tolerance for intolerance," Cuomo said.

Cuomo called the attack against Khan as described in the criminal complaint a "despicable act."

The new law would offer protections to state airport and transit worker similar to those already in place for bus drivers and subway employees.

Alphonso David, the governor's chief counsel, added that the New York Department of State is establishing a hotline for detainees who desire legal assistance.

As of Sunday afternoon, six people were still being detained at JFK International Airport, said Patrick Foye, executive director of the Port Authority of New York and New Jersey, which operates the airport.

The governor repeatedly implied that Trump's executive order flies in the face of a nation built by immigrants.

"The essence of the Statute of Liberty lives in our hearts," Cuomo said. "Most New Yorkers are immigrants. I think that's why we feel so strongly about it."

He added that New Yorkers are particularly aware of the threat of terrorism in the aftermath of the 9/11 attacks. However, Trump's "fiat" to close America's door to refugees and immigrants is a wrongheaded response to extremism, he asserted.

"We're not threatened by new immigrants," Cuomo said. "We celebrate new immigrants."

> *"The essence of the Statue of Liberty lives in our hearts. Most New Yorkers are immigrants. I think that's why we feel so strongly about it."*
>
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Assemblywoman aims to bar border wall companies from doing business in New York

Assemblywoman Nily Rozic represents eastern Queens. NILY ROZIC/FACEBOOK

"This will be a decisive and effective way of showing where our values are at," Nily Rozic said.

NIKKI M. MASCALI
@MetroNewYork
nikki.mascali@metro.us

With President Donald Trump taking executive actions to make good on his campaign promise to build a wall between the U.S. and Mexico, one New York legislator has proposed a pushback.

Assemblywoman Nily Rozic, who represents eastern Queens, introduced a bill on Thursday that would ban the state from doing business with companies involved in building the border wall.

"Many of us have been thinking about different ways we could counter the actions coming out of Washington, D.C.," Rozic told The Associated Press. "This will be a decisive and effective way of showing where our values are at."

Under the bill, the state would track businesses involved with the wall and prevent them from obtaining in-state contracts or assets. New York currently has similar restrictions on companies that boycott Israel or do business in Iran.

"I represent one of the most diverse districts in our state, and I feel strongly about sticking up for our immigrant communities," Rozic said.

If approved, it would be the latest pushback against the new president.

Gov. Andrew Cuomo earlier this month sought to require insurance companies to cover birth control and abortions declared medically necessary.

"I represent one of the most diverse districts in our state, and I feel strongly about sticking up for our immigrant communities."

Rozic

State Attorney General Eric Schneiderman this week promised to fight Trump's executive order that would strip federal funding from sanctuary cities that allow immigrants to live illegally.

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@NOTMYPRESIDENT/FACEBOOK

Reaction to Not My President Candy chocolate bars is bittersweet

If you're reading the news and feeling fretful about the discord in the country, the divide in the nation or the swiftness of the changes to health care or immigration, some comfort food might be in order. If you think Donald Trump is "not my president," Not My President Candy LLC has you covered.

"Not My President" bars are 1.75-ounce milk-chocolate sweets with a message on the wrapper: Trump is a "liar," "sexist," "racist" and "narcissist." More than half of sales (the bars are $3.50 each) go to six charities the company sees as being threatened by Trump's administration, including Planned Parenthood.

What is not on the wrapper is the actual maker of the chocolate. Brad, Not My President LLC's director of production, told Metro that one of the largest U.S. candy manufacturers is producing the bars for NMP. but he and Lisa, the NMP Candy's director of marketing, requested we use their first names only, to shield the maker from threats.

"[The manufacturers] do not want threats to their business, and due to the increase in violence since Donald Trump has been nominated, they are concerned for their employees, their personal property and for the information systems being hacked," Brad, who asked that his last name not be used, said.

Brad said the New York-based company hoped to sell 200 bars in the first week on its website, but sold more than double that Monday, its first sale day.

KIMBERLY M. AQUILINA

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Join a community dedicated to providing the support and guidance you need, for as long as you need it.

For more information or to enroll, call us at **646.754.2277** or visit **nyulangone.org/memorydisordersupport**.

The Alzheimer's Disease and Related Dementias Family Support Program is supported by a grant from the New York State Department of Health.

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This building is being constructed through the Multifamily Preservation Loan Program (MPLP) of the New York City Department of Housing Preservation and Development.

Who Should Apply?

Individuals or households who meet the income and household size requirements listed in the table below may apply. Qualified applicants will be required to meet additional selection criteria. Applicants who live in New York City receive a general preference for apartments.

- A percentage of units is set aside for
  - Mobility-disabled applicants (5%)
  - Vision or hearing disabled applicants (2%).
- Preference for a percentage of units goes to
  - Residents of **Manhattan Community Board 10** (50%)
  - Municipal employees (5%).

AVAILABLE UNITS AND INCOME REQUIREMENTS

	Unit Size	Monthly Rent[1]	Units Available		Household Size[2]	Annual Household Income[3] (Minimum – Maximum)[4]
50% AREA MEDIAN INCOME (AMI) UNITS	2 bedroom	$870	4	➡	2 people	$31,817 - $36,250
					3 people	$31,817 - $40,800
					4 people	$31,817 - $45,300
					5 people	$31,817 - $58,740
60% AREA MEDIAN INCOME (AMI) UNITS	Unit Size	Monthly Rent[1]	Units Available		Household Size[2]	Annual Household Income[3] (Minimum – Maximum)[4]
	Studio	$822	2	➡	1 person	$30,069 - $38,100
					2 person	$30,069 - $43,500
	1 bedroom	$882	21	➡	1 person	$32,194 - $38,100
					2 people	$32,194 - $43,500
					3 people	$32,194 - $48,960
	2 bedroom	$1,065	9	➡	2 people	$38,503 - $43,500
					3 people	$38,503 - $48,960
					4 people	$38,503 - $54,360
					5 people	$38,503 - $58,740
	4 bedroom	$1,371	4	➡	4 people	$49,680 - $54,360
					5 people	$49,680 - $58,740
					6 people	$49,680 - $63,060
					7 people	$49,680 - $67,440
					8 people	$49,680 - $71,760
					9 people	$49,680 - $76,104

[1] Rent includes gas for cooking.
[2] Household size includes everyone who will live with you, including parents and children. Subject to occupancy criteria.
[3] Household earnings includes salary, hourly wages, tips, Social Security, child support, and other income. Income guidelines subject to change.
[4] Minimum income listed may not apply to applicants with Section 8 or other qualifying rental subsidies. Asset limits also apply.

How Do You Apply?

Apply online or through mail. To apply online, please go to **nyc.gov/housingconnect**. To request an application **by mail, send a self-addressed envelope to: Dorie Miller Apartments, 87-14 116th Street Richmond Hill, NY 11418.** Only send one application per development. Do not submit duplicate applications. Do not apply online and also send in a paper application. Applicants who submit more than one application may be disqualified.

When is the Deadline?

Applications must be postmarked or submitted online no later than March 31, 2017 late applications will not be considered.

What Happens After You Submit an Application?

After the deadline, applications are selected for review through a lottery process. If yours is selected and you appear to qualify, you will be invited to an interview to continue the process of determining your eligibility. Interviews are usually scheduled from 2 to 10 months after the application deadline. You will be asked to bring documents that verify your household size, identity of members of your household, and your household income.

Español

Presente una solicitud en línea en nyc.gov/housingconnect. Para recibir una traducción de español de este anuncio y la solicitud impresa, envíe un sobre con la dirección a: **Dorie Miller Apartments, 87-14 116th Street Richmond Hill, NY 11418.** En el reverso del sobre, escriba en inglés la palabra "SPANISH." Las solicitudes se deben enviar en línea o con sello postal antes de 31 de marzo 2017

简体中文

访问 nyc.gov/housingconnect 在线申请。如要获取本广告及书面申请表的简体中文版，请将您的回邮信封寄送至：**Dorie Miller Apartments, 87-14 116th Street Richmond Hill, NY 11418.** 信封背面请用英语注明"CHINESE"。必须在以下日期之前在线提交申请或邮寄书面申请 2017 年 3 月 31 日

Русский

Чтобы подать заявление через интернет, зайдите на сайт: nyc.gov/housingconnect. Для получения данного объявления и заявления на русском языке отправьте конверт с обратным адресом по адресу **Dorie Miller Apartments, 87-14 116th Street Richmond Hill, NY 11418.** На задней стороне конверта напишите слово "RUSSIAN" на английском языке. Заявки должны быть поданы онлайн или отправлены по почте (согласно дате на почтовом штемпеле) не позднее 31 март 2017

한국어

nyc.gov/housingconnect 에서 온라인으로 신청하십시오. 이 광고문과 신청서에 대한 한국어 번역본을 받아보시려면 반송용 봉투를 **Dorie Miller Apartments, 87-14 116th Street Richmond Hill, NY 11418.** 으로 보내주십시오. 봉투 뒷면에 "KOREAN" 이라고 영어로 적어주십시오. 2017 년 3 월 31 일까지 온라인 신청서를 제출하거나 소인이 찍힌 신청서를 보내야 합니다.

Kreyòl Ayisyien

Aplike sou entènèt sou sitwèb nyc.gov/housingconnect. Pou resevwa yon tradiksyon anons sa a nan lang Kreyòl Ayisyen ak aplikasyon an sou papye, voye anvlòp ki gen adrès pou retounen li nan: **Dorie Miller Apartments, 87-14 116th Street Richmond Hill, NY 11418.**. Nan dèyè anvlòp la, ekri mo "HATIAN CREOLE" an Anglè. Ou dwe remèt aplikasyon yo sou entènèt oswa ou dwe tenbre yo anvan dat mas 31, 2017

العربية

تقدم بطلب عن طريق الإنترنت على الموقع الإلكتروني nyc.gov/housingconnect. للحصول على ترجمة باللغة العربية لهذا الإعلان ولنموذج الطلب الورقي، أرسل مظروف يحمل اسمك وعنوانك إلى: **Dorie Miller Apartments, 87-14 116th Street Richmond Hill, NY 11418.** على الجهة الخلفية للمظروف، اكتب باللغة الإنجليزية كلمة "ARABIC". يجب إرسال نماذج الطلبات عن طريق الإنترنت أو ختمها بختم البريد قبل31 ارس، 2017

Mayor Bill de Blasio • HPD Commissioner Vicki Been

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Why Aren't Doctors Telling About These Two Often

Two Advanced Medical Treatments Every Knee Arthritis Sufferer

By *NY Pain MD*

***NY Pain MD* is a medical clinic with locations in Midtown NYC and Uptown NYC that has treated thousands of knee arthritis and joint pain patients.**

Here is what every knee arthritis sufferer should know about the best treatments and options available today. Including when and why you should consider each of these 2 treatment approaches to get maximum results.

If you suffer with knee or other join arthritis pain, you have probably already tried many treatments ... especially countless pain medications. Experienced doctors understand that, even though pain medications such as anti-inflammatory pain pills are part of the recommended early treatment plan for knee arthritis pain... they are rarely the answer over the longer term.

In most cases they have minimal results (if any) and have a laundry list of potential side effects. Some being serious and even life threatening.

Are There Any Better Options?

Thankfully, advancements in science and technology come extremely fast. And now there are two very good options for knee arthritis to help relieve the pain.

Two options that a lot of knee arthritis sufferers have never heard of.

Before we get into the two treatments, please understand this...

NY Pain MD is a well established medical clinic that has treated thousands of knee arthritis sufferers and joint and back pain sufferers. Patients travel from all over the area and even several states away from NYC to be treated at one of their clinics because they want the best medical treatments available. What you are about to discover are two REAL medical treatments. Not miracle cures you see on infomercials or non-medical treatments promoted on the internet.

Know this fact: There is no cure for arthritis. But there are these two treatments that have already helped thousands of knee arthritis sufferers - possibly just like you.

The first treatment is more common than the second. Even if you have heard of this treatment - or even tried it without good results - please read this. You will find out why it may not have worked for you and how you may be able to get much better results.

#1 Viscosupplementation

Viscosupplementation has gained quite a bit of popularity in recent years and it has gotten mixed results for a couple of reasons.

But before we get into that,here's what you need to know about viscosupplementation.

When you have arthritis, you suffer a decrease in the lubrication fluids in your knees.

In other words, your knee joints basically "dries up."

The lubricating fluid that decreases is called "synovial fluid." pharmaceutical companies (with the help of doctors) can now make ***natural*** synovial fluid gel-like compounds that, during viscosupplementation treatments. Doctors can precisely introduce directly into the knee and other joints.

This helps replace the lubricating fluid to the knee joint - allowing it to move more freely and smoothly and often decreasing or even eliminating the pain.

What Results Can Be Expected?

Like all medical treatments, the results vary and can not be predicted. But many knee arthritis sufferers get dramatic results. It is not uncommon for patients to either postpone knee replacement surgery for years... or even permanently cancel it.

But There Is A BIG Problem

The key is the treatment must be EXTREMELY PRECISE. If the procedure is slightly off, the medication will not get into the knee joint and the treatment will not work.

That's why the experts at ***NY Pain MD*** use Precision Arthritis Targeting Technology so they can actually see the lubricant going directly into the knee joint during the treatment.

Research shows that doctors performing joint injections without this technology can miss the joint as much as 30% of the time.

If you have tried viscosupplementation without this imaging technology without good results - this may be why.

That's why ***NY Pain MD*** takes it even one step further. They do not just use one step process of advanced imaging during treatment - they use two in their "double confirmation" process. This is to ensure patients get the best possible results.

Another Important Factor

Viscosupplementation medications also come in several different "brands" and chemical make-ups. Just like all medications, some people respond better to one than another. So, the experts at ***NY Pain MD*** use several and great effort is taken to figure out what is the best one for YOU.

One last thing: The experts at ***NY Pain MD*** have found that earlier you start Viscosupplementation the better.

This is most likely because the longer you wait - the more joint destruction takes place.

That's why ***NY Pain MD*** is now seeing so many patients as young as 35 to 40.

Summary: If you have knee arthritis pain and have not tried. Viscosupplementation you should look into it as soon as possible.

If you have tried it without good results. you may still be able to get great results with the proper imaging and specific medication.

What Should You Do If Viscosupplementation Fails?

When conservative treatment, including viscosupplementation fails ... most knee arthritis sufferers believe their only option is total knee replacement surgery.

This is not true...and here is why

There is another treatment for serious knee arthritis pain most people (and even doctors) do not know about.

#2: Radiofrequency Treatment

This treatment is technically called, "Radiofrequency Neurotomy." Or RF for short.

RF is a procedure that is based the theory that blocking the nerve supply to the painful area may alleviate pain and restore function.

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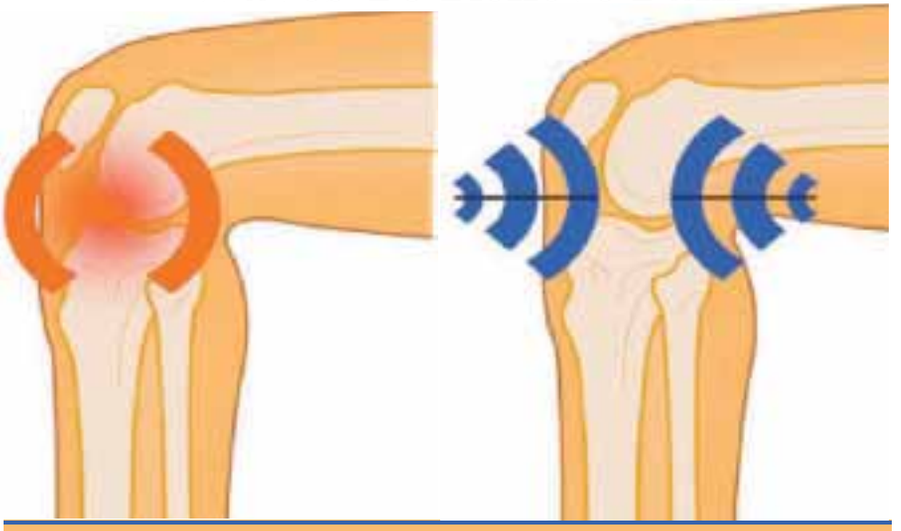
Knee Arthritis Sufferers Successful Treatments?

Needs To Know - Before Or After Knee Replacement Surgery

Advanced Treatment Uses Medical Radio Frequencies Waves To Relieve Pain



Science rescues knee arthritis sufferers?: **Radio Frequency Waves are used to block the nerve supply to the painful area and may alleviate pain and restore function to many. Many patients still in pain after a knee replacement may respond very well to these treatments allowing the possibility of avoiding additional surgery.**

Several branches of nerves that surround the knee are known as "genicular nerves."

Radiofrequency waves are delivered to the genicular nerves under advanced imaging to "block" the nerve from transmitting pain signals.

There are two distinct parts to this treatment. First, a test, diagnostic "G Block" procedure is done to determine if the procedure is going to decrease pain and improve function.

If this first "test" procedure is successful, then one to two weeks later, Radio Frequency waves are applied for term relief.

Is It Safe?

Research has shown this to provided significant relief for some patients. to procedure to be safe and effective.

One study published November 4, 2010 in the journal Pain found that RF treated subjects on average "achieved at least 50% knee pain relief at 1,4 and 12 weeks, respectively. No patient reported a post procedure adverse event during the follow-up period.

Some studies indiciate some patients may get years of relief in some cases. "RF neurotomy (radio frequency treatment) of genicular nerves leads to significant pain reduction and functional improvement in a subset of elderly chronic knee osteoarthritis pain, and thus may be an effective treatment in such cases."

It should also be mentioned that, like all procedures, results will vary patient to patient

Who Should Try This Treatment?

RF should be considered after other treatments, such as anti-inflammatory pain medication and viscosupplementation do not offer good enough results.

RF can be utilized before resorting to total knee replacement. RF allows many patients to avoid knee replacement surgery.

RF has also been found effective AFTER knee replacement surgery when the patient still feels pain.

The pain after a failed knee replacement surgery can be debilitating and this procedure can be the only thing that helps and give you relief.

What To Do Next If You Are In Pain

Here is the "X" factor many do not consider that might be the difference between you getting the best possible treatment or not.

Many experts suggest choosing a medical clinic that offers all these treatments and has the proper, most advanced technology all under one roof.

This way, the doctors working on your case can give you a proper examination and advise the best possible treatment plan for your individual case.

Several experts work as a team to offer you the best treatment options at the appropriate time to maximize results. It is also very convenient to have all your doctors and treatments in one place. Traveling to different offices can be time consuming and even more expensive.

NY Pain MD believes this "X" factor is one of the reasons so many knee arthritis sufferers travel from all over to be treated at their advanced medical clinics.

NY Pain MD offers a limited number of complimentary knee arthritis treatment screenings every month. These screenings are a way for knee arthritis sufferers to get some of their ques-tions answered and see if they are a candidate for one of the cutting-edge treatments offered at ***NY Pain MD***

If you would like a complimentary screening, just call 855-456-PAIN [7246] and tell the scheduling coordinator "I would like a complimentary knee arthritis screening." The screenings fill up fast every month. If you do not call in time to get one this month, the scheduling coordiantators will get you appointed for next month

This screening is no cost and no obligation. Many of the treatments offered are covered by many insurance plans and Medicare

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(855-456-7246)

MILD WINTER WEATHER COULD EXTEND INTO FEBRUARY

May I see an imaginary show of hands, please? How many of you, having enjoyed a noticeably milder January, have ever gotten that nagging premonition that we will have to "pay the piper" with a bitter cold, snow-filled February?

Maybe, more than anything, that's just a little guilt for sneaking through a tolerable early winter.

Filtering out important factors like El Niño vs La Niña, none of our five coldest Januaries on record were followed by a record cold February. So following a month that will end up around 6 degrees above average, will February change all that? Well, a little, but not as starkly as I originally thought.

GETTY IMAGES

So, where on earth did the polar vortex go? Will it be the culprit in a cold, snowy February? At least not for the first half of the month.

The vortex, a ribbon of strong winds aloft that circles the North Pole's pool of cold low pressure, looks to go a little "rogue" in February. When the PV circles the Arctic relatively smoothly, the arctic jet generally locks the coldest air well north, and our winter weather will be relatively average. We call this a "positive arctic oscillation."

But when warmer high pressure exists over the Pole, the vortex weakens and gets wavy and erratic, leading to more extreme weather around the Northern Hemisphere, and more coastal snow bombs. This is a "negative arctic oscillation."

Recent computer guidance suggests that, indeed, the vortex will go more negative into mid-February, with more kinks, contortions and discontinuities. This would spell occasional bouts of cold, and a better chance at a larger snow event.

The little bit of snow we'll see tomorrow, though, is just a quick, weak system riding the southern rim of the colder air. The polar vortex? For now, it'll play a hide-and-seek.

Michael Friedmann, a New York-area meteorologist, can currently be seen on metropolitan area cable news on weekends. Follow him on Twitter at twitter.com/WeatherTalk.

The week ahead

Today: Partly cloudy, windy and chilly; high 37.
Tomorrow: Cloudy, light snow likely; minor accumulations; high 38.
Wednesday: Mostly cloudy, chance of late flurries; high 38.
Thursday: Partly sunny, chilly; high 36.
Friday: Mostly sunny, cold; high 34.
Saturday: Mostly sunny, cold; high 33.

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No trains between Grand Central-42 St and Atlantic Av-Barclays Ctr

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No ❹ service between **Grand Central-42 St** and **Atlantic Av-Barclays Ctr**.

- Overnight ❸ service is extended into Brooklyn.
- ❸ trains make all ❹ stops between **Borough Hall** and **New Lots Av**.

❺ service in Manhattan ends early.

Trains run in the Bronx between **E 180 St** and **Dyre Av** all night.

No ❻ service between **Grand Central-42 St** and **Brooklyn Bridge**.

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Call 511 and say "Current Service Status," look for informational posters in stations, or visit **mta.info** – where you can access the latest Planned Service Changes information, use TripPlanner+, and sign up for free email and text alerts.

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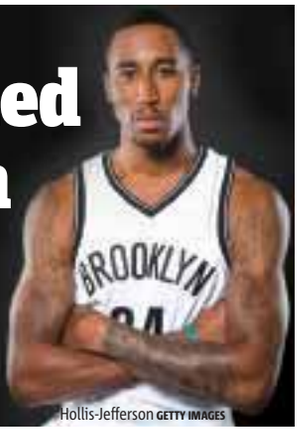
NBA concerned with 'Muslim ban'; players speak out



Hollis-Jefferson GETTY IMAGES

Recent events could seriously impact the foreigner-heavy NBA.

EVAN MACY
@evan_macy
evan.macy@metro.us

The NBA opened its 2016-17 season with a record 101 foreign-born players on its rosters.

And in the wake of recent unrest regarding Donald Trump's executive order banning travel to the United States for people from seven countries, the league has gotten understandably nervous.

Two of its stars, Luol Deng of the Lakers and rookie Thon Maker of the Bucks, have ties to one of the seven countries, Sudan. The league also has almost a half dozen former players who were born in the countries included in the ban: Sudan, Somalia, Libya, Yemen, Iraq, Syria and Iran.

The ruling has been stayed by federal judges, but it's unclear whether the legal finding will actually help to settle the unrest that has resulted in protests all across the country, most notably in airports.

The NBA reached out to the State Department Saturday with concerns over how the Trump executive order — and possibly more to follow — could affect them.

"The National Basketball Association has contacted the State Department to understand how President Donald Trump's executive order to suspend immigration from seven countries could impact the league's players," NBA spokesman Mike Bass told The Vertical. "The NBA has two active players, including Milwaukee Bucks rookie Thon Maker and Los Angeles Lakers veteran Luol Deng, who have Sudanese roots. The NBA is a global league and we are proud to attract the very best players from around the world."

A bevy of NBA players, former players and executives have spoken out, including Steve Nash, Jeremy Lin, Enes Kanter and Muslim member of the Brooklyn Nets Rondae Hollis-Jefferson.

Hollis-Jefferson grew up near Philadelphia and his brother Rahlil played college basketball at Temple. He emotionally addressed the news media, calling the situation "BS."

"We try to teach people not to point the finger, blame a whole [group]. You can't judge a whole group by one's actions at the end of the day. And I feel like that's not right. That's definitely not right," Hollis-Jefferson said Saturday before they faced the Timberwolves. "You can't speak for all Muslims because all Muslims' hearts aren't like that. Most of them are pure, really believe in a different way and a different livelihood."

"I feel like this should definitely be handled differently, and I feel like more people should definitely speak up and act on it just because it's BS at the end of the day."

Rondae Hollis-Jefferson

The forward turned away, fighting off tears before he continued.

"This is kind of hard. My bad. This is kind of touching … just being a part of that community and a part of that family," Hollis-Jefferson said.

"It's clear that if travel bans like this continue, work forces in America's major sports leagues will be effected — in the same manner that Americans from all walks of life have already been effected. The diverse NBA will no doubt continue to be in the headlines as the situation progresses.

Sia, Grimes, Rosie O'Donnell to match ACLU, CAIR donations

Celebrities such as Sia, Grimes and Rosie O'Donnell have promised to match donations to organizations fighting against a Jan. 27 executive order by President Donald Trump that bans U.S. entry to immigrants from seven majority-Muslin nations.

Protests popped up at international airports across the country Saturday, and by Sunday morning federal judges in Brooklyn, Boston and Washington had issued temporary stays of removal, allowing legal immigrants and refugees entry into the country. Protests continued Sunday as the Department of Homeland Security released a statement saying it would defy the court-ordered temporary stay of Trump's executive order, which bans entry for the next 120 days. ERIN TIERNAN

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FBI request for Twitter account data may have overstepped legal guidelines

The FBI appeared to go beyond the scope of existing legal guidance in seeking certain kinds of internet records from Twitter as recently as last year, legal experts said, citing two warrantless surveillance orders the social media company published on Friday.

Twitter said its disclosures were the first time the company had been allowed to publicly reveal the secretive orders, which were delivered with gag orders when they were issued in 2015 and 2016. Their publication follows similar disclosures in recent months by other major internet companies, including Alphabet's Google and Yahoo.

Each of the two new orders, known as national security letters, specifically request a type of data known as electronic communication transaction records, which can include some email header data and browsing history, among other information.

"While the actual NSLs request a large amount of data, Twitter provides a very limited set of data in response to NSLs consistent with federal law and interpretive guidance from the U.S. Department of Justice."

Elizabeth Banker, associate general counsel at Twitter

In doing so, the orders bolster the belief among privacy advocates that the FBI has routinely used NSLs to seek internet records beyond the limitations set down in a 2008 Justice Department legal memo, which concluded such orders should be constrained to phone billing records.

METRO PHOTO ILLUSTRATION

The FBI did not immediately respond to a request for comment. An FBI inspector general report from 2014 indicated that it disagreed with the memo's guidance.

In a blog post announcing the two NSL disclosures, Twitter said it did not hand over all the information the FBI requested.

The identity of the accounts sought by the FBI are redacted in both of the NSLs.

Andrew Crocker, a staff attorney at the Electronic Frontier Foundation, said the orders disclosed Friday were among a small handful of those publicly released that show the FBI continues to ask for internet records despite the 2008 guidance.

"This is an ongoing practice and it is significantly beyond the scope of what is intended," said Crocker, whose organization is challenging the constitutionality of NSLs in the Ninth U.S. Circuit Court of Appeals. Twitter has also sued the government to more freely discuss NSLs.

National security letters are a type of government order for communications data sent to service providers. They are usually issued with a gag order, meaning the target is often unaware that records are being accessed, and they do not require a warrant.

They have been available as a law enforcement tool since the 1970s, but their frequency and breadth expanded dramatically under the Patriot Act, which was passed shortly after the Sept. 11, 2001, attacks. Tens of thousands of NSLs are issued annually. REUTERS

MEMORIAL

UK Princes William and Harry say they will erect statue to late mother Princess Diana

Britain's Prince William and his younger brother Harry have commissioned a statue in honor of their mother, Princess Diana, who died in a Paris car crash 20 years ago to be erected outside their official London home, their office said on Saturday.

Diana, the first wife of the brother's father, the heir to the throne Prince Charles, was killed when the limousine carrying her and her lover Dodi al-Fayed crashed in a Paris tunnel in August 1997.

William was 15 and Harry was 12 at the time.

"It has been 20 years since our mother's death and the time is right to recognize her positive impact in the U.K. and around the world with a permanent statue," William, 34, said in a statement.

The princes have formed a committee to advise on the sculptor and to raise private funds to pay for the statue which will be located in a public garden at Kensington Palace.

Work on the statue will begin soon and it is hoped that the statue will be unveiled before the end of the year, the statement from their office said. REUTERS

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‘Gears of War 4’ creates a more accessible

Metro chatted with Jack Felling, eSports producer and game developer for “Gears of War 4” and “Gears of War: Ultimate Edition,” to learn how The Coalition moved one of the most important Xbox franchises into eSports, and its impact on gamers around the world.

GABRIEL HUERTA
Metro World News

The eSports scene grows every year. At what point did The Coalition decide that “Gears of War” had enough to start an eSports competition?
When we developed “Gears of War 4” we knew that, because of the way we were building the game and its modes. The game was where we wanted to make our first entry into the eSports world. We decided that a year ago with “Gears of War: Ultimate Edition.” We wanted to start and learn a lot about players, teams and our community, so we could start organizing tournaments.

“Gears of War” has a great community, how did this help you to develop the circuit for eSports?
You’re right, we have a great community. Players are passionate and really dedicated to “Gears.” We are new on eSport, but our players have played for years, and have done their own tournaments. That helped us a lot because they are so dedicated that they were just waiting for an official program to arrive.

The fans’ feedback and knowledge of what they wanted really helped us shape the program. In fact, from their experience with “Ultimate” and our first encounter with eSports, we asked players from the scene: “What do you want to see in ‘Gears of War 4’?” And they universally wanted the same thing: an open event, with lots of teams and worldwide support.

For some people, following an eSports tournament, or even a match, can be difficult, even if they know the game. How accessible is “Gears of War,” regarding the structure of eSports?
We think “Gears” is much easier to understand. We have worked

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playing platform

hard with game modes. We now have a new one called Escalation. Even if you do not understand the game you can clearly follow the tips, whether someone is winning or not. We have another system, where you have to capture three rings and you can see if they are captured or not.

One thing I like about "Gears of War" in eSports is that in terms of score and the way it is played, it is very easy to see who is winning and who is not. And you get more information about what happens in each game. I think our casters also do a very good job. We hope "Gears" is accessible. Hopefully, new fans will watch and join. So far, we have been very successful with our viewers. Players are very passionate and we have had very good feedback from the new fans of the game. As we kept on working, we've released a patch that made some adjustments to the viewer mode, we keep improving the title for new viewers and hopefully attract new players.

Now that you mention attracting new players, how do you seek to do that?

A first step is to do more and more events around the world. I think that's what makes us better known in other regions and to show that anyone can play. We hope new players and new teams that have never participated in this will come and have fun and become inspired to continue playing. Then we will be visiting different cities around the world to present "Gears" to local spectators.

It is also about investing more into the program. We are very focused on keeping events open, so that new players enter, even if they have not played. That way they can get points, keep competing and reach higher upload game levels. Eventually they will become more competitive or hopefully become professional players.

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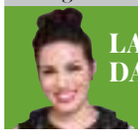
Tired of dating? Try these tips

ISTOCK

Single and Swiping



LAURIE DAVIS

If you're single and swiping, it's likely that you've felt dating fatigue before. It's that moment when you just can't look at another profile or go on another bad date. So you log off. You're burnt out.

Most online daters cycle through times of being proactive — sending and swiping — and times of inaction, when you've deleted or hidden your profile. But the way to a relationship is through consistency in the actions you take to meet people.

To create consistency, you've got to avoid burn out. Here are three ways to avoid it once and for all:

1 Stop investing all your emotion early on.

There are four stages of action in dating: searching/swiping, messaging, dating and relationship development. The most time is usually spent in the first two stages: searching and messaging. When we spend a lot of time on something, we invest the most emotion there. So it's easy to get caught up in someone's witty text banter before meeting.

In dating, emotion is currency. If you invest high in the first two stages, your heart's bank account will be drained before you meet. Keep messages short and create searching routines to limit your time — and save on emotion.

2 Pace yourself.

When you're coming off of a dating hiatus, there's a lot of enthusiasm. You're excited for new potential in your life, which often means you move fast by sending many messages and planning lots of dates. But expectations are also higher in the beginning. High activity can feel discouraging if first dates don't turn into second or third ones. When you pace yourself and stop rushing, you'll avoid feeling burnt out after you've only barely begun.

3 Make decisions now.

It's so often we end up overthinking in dating. You wonder, "Is he going to text me?" Or, "Will she really say yes if I ask her out again?" There's a lot of thinking before decisions are made. Too much thinking. And that exhausts your emotions, too. Stop the cycle of overthinking by focusing on your feelings instead. Rather than, "Will she really say yes?" ask yourself, "Do I want to ask her out?" If the answer is yes, commit and do it. No more spinning your wheels getting burnt out on hypotheticals. Your emotions will thank you.

Fun fact: The original "Legend of Zelda" — whose franchise will include this year's "Breath of the Wind" — turned 30 last year. You may be old. NINTENDO

"The Legend of Zelda: Breath of the Wild"

Named the best game of Electronic Entertainment Expo 2016, the latest in the deathless Nintendo franchise promises to quell fans' nostalgia with an open world full of dungeons and puzzles. It's compatible with Wii U and Nintendo Switch. No release date has been announced.

3 video games to make 2017 better

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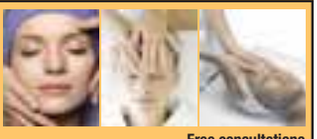
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"Injustice 2"

Heroes of DC Comics fight back in the sequel to 2013's "Injustice: Gods Among Us." The main novelties of NetherRealm Studios' upcoming game is the customization of armor, which now offers different styles of fighting. The game will be available May 16 for PS4, Xbox One and PC.

NETHERREALM STUDIOS

ROCKSTAR STUDIOS

"Red Dead Redemption 2"

Despite being one of the most anticipated games of 2017, not many details about the sequel to the 2010 original have been released. However, it has been confirmed that this action-adventure will bring players to the world of the American Wild West. It will be released for PS4 and Xbox One during the second half of the year.

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Bariatric surgery 101

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If only it were that simple. For many of the one-third of Americans who are obese (two-thirds are overweight), long, frustrating battles with their weight lead them to the operating room. Bariatric — the scientific word for weight loss — surgery includes gastric bypass, which divides the stomach into a small and large pouch and reroutes the small intestine; and vertical sleeve gastrectomy, in which about 80 percent of the stomach is removed, among other options.

But is surgery the best option? We took a deep dive with Dr. Paul A. Thodiyil, a bariatric surgeon and assistant professor at Mount Sinai Health System, where the weight loss surgery program was recently accredited as a center of excellence by the American College of Surgeons.

Many believe weight loss surgery is "the easy way out" of losing weight. What do you say to that?
It reflects a poor understanding. The reality is the person who suffers from obesity really suffers a great deal, not only through the consequences of obesity, which are a lot, but also because very often they have very little control over their eating. The underlying problem, which we don't have a full handle on, is that appetite regulation is disordered. As a consequence, they are unable to manage how many calories they take in.

Who should consider bariatric surgery?
Anyone who is 60 pounds or more above their regular weight. They've tried [dieting] for some period of time, and it hasn't worked. A lot of these patients could do much, much better if they got in earlier. Having said that, it's very important to actually know that persisting with the same diet and exercise that hasn't worked five, 10 times before is not going to suddenly work.

Right. That it's not personal weakness or a character flaw.
Unfortunately, the vast majority of folks who struggle with their weight live surrounded by people who are constantly telling them, family included, that it's all about willpower, when it's not.

What other criteria that patients must meet?
We need to make sure they don't have an underlying thyroid disease. All patients will have some sort of psychological evaluation, because we do know that mental health issues are far more common in this population. It's important also to make sure the patient is likely to be compliant with post-op follow-up and guidelines.

What are the risks of the actual surgery?
The most common cause of death, quite rare, is blood clots to the lungs. The second, also uncommon, is from what I call "leaks." Any procedure where you're cutting off and joining pipes carries a small risk of leaks from those joins.

Who wouldn't you operate on?
A patient who is an active user of cocaine and other substances. Then you have this whole category of patients who may have prohibitive medical conditions: perhaps severe congestive heart failure or severe emphysema. In those patients, you have to take a very careful and measured risk. SHEILA DOUGHERTY

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Jamali Maddix hangs out with Neo-Nazis

The English comedian confronts racism on Viceland's "Hate Thy Neighbor."

JENNIFER LOGUE
@jenniferlogue
jennifer.logue@metro.us

With racism and misogyny continuing to seep into our political culture, Viceland's "Hate Thy Neighbor" couldn't come at a better time.

In the show, English comedian Jamali Maddix tours the U.S. and gets to know the people on the inside of hate groups, like the National Socialist Movement and Israelite School of Universal Practical Knowledge. Maddix chats with us about what racism looks like in the U.K. and the common thread running through many hate groups.

Maddix films for tonight's episode, "Hunting the White Devil." ALL PHOTOS PROVIDED

As an Englishman, you have a unique perspective on race relations in the United States. How are things different here versus the U.K.?

It's such a complicated question because it's obviously different. In England, you can't be a Holocaust denier or say Holocaust-denial things in public, for example. Racism exists in both places, but it's a different culture. You had the civil-rights movement and open discussions about slavery. In England, we still haven't really had that discussion yet. While we may have more covert racism, both countries still have racism.

You come from a biracial heritage, and in the episodes I've seen so far, you hung out with one hate group that was opposed to nonwhites (NSM) and another that was opposed to non-blacks (ISUPK). Did you ever fear for your safety?

There were some times where I went back to the hotel and I thought about what I did that day and I'm like, "Oh, that was a sticky situation." When you're filming, you're so engrossed in your work that you don't think about it that much. It's probably stupid of me, but you're just working and you go, "Oh, that put me in quite a heavy situation."

Jamali Maddix

Trump just took office. What are your thoughts on that whole situation?

To say that there's no rise in conservatism and right-wing views would be a lie. Same with where I come from. You've got Brexit and stuff like that. Just going to see how it plays out. I'm not envious, but I didn't vote. I don't have the right to vote here. My views are obsolete, really. I don't think I would have voted Trump.

A common thread I noticed between the different hate groups is that rather than accept responsibility for their problems, they put the blame on an outside party — whether it be the NSM against non-whites or ISUPK against nonblacks.

There is a sense of coping. Why I made the show is to try to understand it and why they use this thing to cope. I don't know if I cracked it. I think it does have to do with a sense of community, too.

The next episode of "Hate Thy Neighbor" airs tonight on Viceland at 10 p.m.

EAT HERE NOW

The dessert shop of your childhood dreams

Each week, our Going Out Editor Eva Kis picks three places to explore.

Sticky's Finger Joint

Lower Manhattan is cool now. Brookfield Place regularly brings unique (and usually free) cultural events, the Dead Rabbit boys just expanded their award-winningest bar empire with Blacktail and South Street Seaport is booming. All this cool stuff means later nights and a need for more variety in the area's dining options. Yes, I'm talking about drunk-tested food, and hopefully the newest branch of Sticky's Finger Joint is just the beginning. The NYC-born fried-chicken, finger-centric minichain is famous for its spectrum of munchies-inspired flavors like the Salted Caramel Pretzel, which is widely hailed as too good to eat because you'll be craving its crushed-pretzel breading and caramel sauce forever. It's also the first location to taste-test new sandwiches, wraps, salads and dipping sauces.
21 Maiden Lane

Gotham Market at The Ashland

Gotham West Market in Hell's Kitchen has spawned a sister location all the way in Fort Greene. The area around BAM could use some new options, and the 16,000-square-foot Gotham Market at The Ashland (the luxury residential building whose ground floor the market sits on) brings eight new ones in a setting that's far less industrial than the usual food hall aesthetic. Food options are Apizza Regionale, serving Italian food and pies from John Stage, the founder of Dinosaur Bar-B-Que, who's also behind Bar Granger, the market's central cocktail and wine bar; rotisserie restaurant Flip Bird; Southern smokehouse Mason Jar with 30 beers on tap; and the market's pop-up space is host to Crown Heights' Crabby Shack (crab nachos!)
590 Fulton St.

DO

Tell your mom to stand down — this cookie dough doesn't need baking. A shop called DO (pronounced "dough") in Greenwich Village is serving raw cookie dough that's totally edible. After much kitchen wizardry, founder Kristen Tomlan created a recipe using heat-treated raw eggs and flour, the problematic ingredients in raw dough. Thanks, science! She's created 13 flavors (plus seasonal varieties) served any way you like: as ice cream in a cone, a pie made entirely of cookie dough, and, if you must, baked into cookies — which can be mix-and-matched into ice cream sandwiches. The shop will also have a "cookie school," which sounds like the Muggle equivalent of Hogwarts. So quit licking that spatula (we know you still do).
206 W. 118th St.

3 ways to start your week

KATE MOONEY

Drunk TED Talks Roast of Literary Men: The Sequel

Because there is no end to insufferable men of letters, Drunk TED Talks is hosting a second evening dedicated to lampooning the likes of Fitzgerald, Bukowski, Gladwell and Thoreau. Writers Eve Peyser, Charlotte Shane, Rachel Syme and Jaboukie-Young White each take one of the aforementioned blowhards to task.
Tuesday, Jan. 31, 7-9 p.m., Housing Works Bookstore Cafe, 126 Crosby St.

Side Ponytail Comedy

Cure your case of the Mondays every time at this weekly night of free comedy from Side Ponytail at Friends & Lovers Bar. This week's lineup includes "Daily Show" writer Devin Dellaquanti and Brantley Brice of Spike TV. Free laughs, free scrunchies.
Monday, Jan. 30, 7 p.m.-9 p.m., 641 Classon Ave.

Roots n' Ruckus

Get over hump day at this roots-music variety show, held every Wednesday at Jalopy Theatre in Red Hook. This week sees half-hour sets from country duo Piedmont Bluz, host Feral Foster (left), indie folk artist Belle-Skinner and singer-songwriters Brother Roy and Wharfer. *Wednesday, Feb. 1, 9 p.m., 315 Columbia St.*

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Meet the reporter who moonlights as a romance novelist

Writer Tamara Lush on how to do both.

KATE MOONEY
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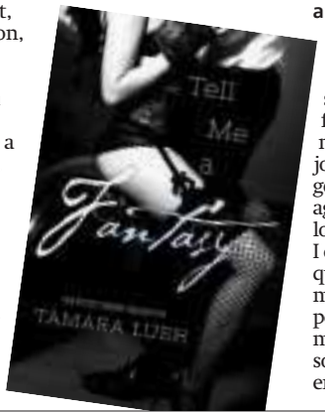
Tamara Lush writes — a lot. For her day job, she's an award-winning correspondent with the Associated Press. At night, she works on her fiction, which includes eight erotic romance novels to date ("chick lit with sex," as she describes it). Her latest, "Tell Me a Fantasy,"came out Jan. 17, while three days prior, she broke the news on the closing of the Ringling Bros. Circus.

The 46-year-old Florida resident is currently riding the rails as part of the 2017 Amtrak Residency Program, which grants selected writers time to work on projects aboard the train. For Lush, that means another balancing act: during her two-week residency, she's compiling mini-profiles of fellow riders in an AP series called "Tales From a Train," while editing a draft of a new novel.



She calls in from a stopover in Denver to talk about her dual careers and how writing fiction has made her a better reporter.

Tell us about your double life as a reporter and romance novelist.

I've been a reporter for 25 years. I've always loved romance novels. I stopped reading a lot of fiction and read a lot of narrative nonfiction in journalism. Then once I got to the AP nine years ago, I started covering a lot of really awful things. I covered the Haiti earthquake, I've covered a lot of mass shootings. At some point it just snapped in me that I wanted to write something with a happy ending.

How do you have the energy to do both?

I was worried that I wouldn't have the energy for it. But then this weird thing happened where writing fiction energized my journalism. It's actually kept me from getting in a mid-career rut. Sometimes, I think, in journalism we can slip into this whole, "What are the facts? Let's just churn out the facts."

Writing fiction has given me this chance to look at things differently. If I'm covering something in a courtroom, [I think] how would I describe this if I were writing a book? It's helped me find my writing voice, too.

Any advice for journalists who want to pursue creative writing?

I think that reporters are in this very unique position to be able to write creatively because they have the discipline. I don't ever feel writer's block because as a reporter you know you can't afford that. You have to write something; your editor wants it. I just do it. I have a story in my mind and I'm pretty organized about it.

Read more of Lush's advice to writers at **metro.us**

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Teaching in the age of Trump

Three professors discuss how this year's election affected their classrooms.

SARA FEINSTEIN
@SaraBFeinstein
sara.feinstein@metro.us

A presidential campaign centered on bigotry, racism, sexism and, as of late, a complete disregard for facts, is likely to cause a commotion, especially on college campuses whose mission — promoting inclusion and an open exchange of ideas — are in direct conflict with the president's agenda.

We spoke with three professors to see how this year's election affected what they discussed with students getting ready to enter this new era of uncertainty.

New York University

Courses: "Queer Cultures" & "Intersections of Race, Gender and Sexuality in a Global Context"
Professor: Gayatri Gopinath

Gayatri Gopinath

Never before did the concept of "intersectionality" — which is the basis of both of these classes — seem so necessary. I co-taught the latter class with my colleague Lisa Duggan, and we stressed to students that we can't understand the Trump phenomenon, and his particular brand of toxic masculinity, without an intersectional analysis of class, white supremacy and misogyny. We also stressed the need to place Trump within a broader transnational frame of right-wing populist movements that are resurgent in Europe, the Philippines, India and elsewhere. I wanted to give students the tools to develop not only a cogent analysis of this historical moment and what brought us here, but also a sense of how radical social change and transformation happens. This is what studying queer culture gives us: the realization that a small group of people can lead to lasting change. Queer communities have always figured out creative and brilliant ways to thrive in the face of insurmountable odds. I hope this gave my students a sense of hope and possibility even in the midst of what seems to be a devastating setback.

University of Pennsylvania

Course: "Contemporary Political Theory: Freedom, Power, Equality"
Professor: Nancy J. Hirschmann

We didn't talk about the election per se, because some of my students voted one way and others voted another. Rather, we were focused on the hate

ISTOCK

Nancy J. Hirschmann

emails that Penn's African-American freshmen had been sent ... a few days after the election, and the racist, hateful actions that had been taken by neo-Nazis in Trump's name. All of us condemned these actions, regardless of who people voted for. On the syllabus that day, it so happened, was Martin Luther King's "Letter From Birmingham City Jail" as well as his "I Have a Dream" speech. Those readings were already meant to open up discussion about racial equality, so the timing was painfully appropriate. But as I said to my students, what's important is not how you voted. It's how we treat each other going forward.

That will be the true test of the Trump administration — whether his policies treat all Americans with equal respect or whether they continue to stir up and enable racism and sexism.

Christopher B. Daly
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Boston University

Course: "The Presidency and the Media"
Professor: Christopher B. Daly

A year ago, when we were planning the course, I came up with an idea for the students' final papers: Draft an inaugural address for the winner. Of course, in early 2016, we had no idea that the winner would turn out to be Donald Trump. When he won, many students were visibly upset. Some asked to be excused from the assignment. But our view was that one of the goals of a liberal education is the opportunity to understand a point of view very different from your own. So, we made everyone complete the task. They were great. In fact, there were several that were far superior to the actual inaugural we heard recently from Trump himself.

ISTOCK

Clean-energy jobs on the rise

If you're thinking of a career change, you might want to start thinking green.

A report by the Environmental Defense Fund's Climate Corps program revealed solar and wind jobs are growing at a rate 12 times faster than the rest of the U.S. economy. The sustainability industry now has at least 4 million jobs, up from 3.4 million in 2011.

These increasing numbers stand in contrast to President Donald Trump, who has consistently proposed eliminating environmental regulations and increasing fossil-fuel production as a way to bring back jobs to America.

But according to the report, the compound annual growth rate of employment in the fossil-fuel industry was -4.5 percent between 2012 and 2015. Renewable-energy jobs, such as wind-turbine technician and geo environmental engineer, however, had a rate of 6 percent during that period.

And this might only continue to increase. The DOE's Energy and Employment Report predicts energy-efficiency employment will have a 9 percent growth rate over the next 12 months—higher than any other energy sector. SARA FEINSTEIN

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Which New York team is most likely to win the next championship?

The Giants, Mets and Rangers are all contenders in their respective leagues — for now.

TONY WILLIAMS
@TBone8
sports@metro.us

Yes, we know Eli Manning is getting old — but with him the Giants have the best shot at winning a championship for the Big Apple. GETTY IMAGES

The Super Bowl is less than a week away, so with that in mind, it's as good a time as ever to see how New York's professional franchises stack up in their quests to become champions again.

The New York championship drought is only five years — the 2011-12 Giants – but for impatient New York sports fans, that can seem like a lifetime ago. Naturally, fans of the Knicks and Mets can honestly say that 1973 and 1986 is a lifetime ago, but for a town that became accustomed to holding parades down the Canyon of Heroes on a near annual basis, Big Blue's last title dalliance does seem like a long wait.

New Yorkers feel it's time to get that championship feeling back, which is why Metro will delve into the top contenders — in order of most likely to end the drought all the way to the least likely — detailing the five best candidates and then rounding out all the rest.

1 New York Giants

Eli Manning's window is closing — and Big Blue is absolutely doomed if he ever suffers a significant injury — but there's lots to like about the Giants' chances of ending their five-year Super Bowl hiatus. First, that defense – the $200 million defense — is a championship-level unit, despite what Aaron Rodgers did to them in the playoffs. The future is still bright — as long as Manning is upright — because general manager Jerry Reese has finally started opening up team owner John Mara's wallet and acquire the necessary talent. The Giants still need more offensive options outside of Odell Beckham Jr., and need to fix the offensive line. But if history has taught anything, any time Manning and the Giants get into the postseason, they're as dangerous as any team in the NFL.

2 New York Mets

The Amazins last won the World Series in 1986. There's no one on the current roster that carries the cachet of that historic, "miracle" team, but there's still plenty of talent — enough to help the team get back to a World Series berth for the first time since 2015, when they lost in five games to the Kansas City Royals. The pitching staff has been riddled with injuries over the years, but there's youthful talent abound if they can all regain their health. The starting rotation lights up the radar gun like no staff in baseball, but the question will always remain about their abilities to stay healthy. 2017 will feature four starters returning from some sort of surgery, to go along with flame-throwing Noah Syndergaard. So, if they're able to consistently remain in the rotation, the Mets will get right back into the World Series hunt.

3 New York Rangers

They're currently 31-16-1, good for fourth in the Metropolitan Division. They began the season as one of the top teams in the league, mostly thanks to their lethal power play, but that seems so long ago. The key to any Rangers' playoff run will always lie at the skates of goalie Henrik Lundqvist, but he's been struggling lately. Once the unquestioned best goalie in the league, Lundqvist just hasn't looked like the confident goaltender which Ranger fans came to know and worship. The team's Big 3 (Rick Nash, Pavel Buchnevich, and Mika Zibanejad) have been inconsistent for most of the season – when they're actually all on the ice together, as injuries have hampered the cohesion. The good thing about the NHL is that the best team doesn't always win the title, the hottest team usually does. And if their prized scorers start lighting the lamp and Lundqvist regains his regal form, the Rangers have a great shot of raising the Cup for the first time since 1994.

4 New York Yankees

The Bronx Bombers used to have a monopoly on titles, but they haven't won the World Series since 2009, meaning there's an 8-year old wondering if the Yanks will ever win one in their lifetime. The last time the Yankees won the division was in 2015, but the closest they came to earning a trip to the World Series was in 2010, when they reached the ALCS and lost in six games to the Texas Rangers. According to ESPN's rankings, the Yanks have the second-best farm system in the league, which makes for a delicate balance for general manager Brian Cashman, who has publicly stated the need to get younger and create payroll flexibility while still keeping an eye on future free agency prizes like Bryce Harper, Matt Harvey and Manny Machado. 2017 will be a retooling year, but there's enough young talent to push the Yankees into postseason contention.

5 New York Knicks

Just seven months ago, on paper and sheer hope alone, the Knicks would've been higher on this list. Team president Phil Jackson had appeared to have built a legitimate contender by surrounding Carmelo Anthony and Kristaps Porzingis with guys like new head coach Jeff Hornacek, point guard Derrick Rose, center Joakim Noah, and point guard Brandon Jennings — not to mention some solid rare finds in Mindaugas Kuzminskas and Willy Hernangomez. But since a promising 14-10 start where they were sitting as a top-four squad in the Eastern Conference, the Knicks have been in a free fall. Hope has been dashed with a stretch that's included just four wins in the last 17 outings, as the Knicks are now the 11th seed in an eight-team conference playoff race.

Here are the rest of New York's title hopefuls, in order of likelihood:

6. New York Red Bulls
7. New York Islanders
8. NYCFC
9. New York Liberty
10. New York Jets
11. Brooklyn Nets

The Jets sure have their work cut out for them this offseason. GETTY IMAGES

FOR JETS, NFL DRAFT HAS NEVER BEEN MORE IMPORTANT

OPINION

MARC MALUSIS
@marcmalusis

We have quite some time until the Jets are up with the sixth overall selection in the NFL Draft on April 27 in Philly. The debate has already begun as to the direction of said pick. There are so many issues with the Jets moving forward that you can make an argument for left tackle, cornerback or even an edge rusher. The brain trust of GM Mike Maccagnan and head coach Todd Bowles certainly have an interesting decision to make.

Let's be realistic, 2016 was a flat-out disaster. The Jets failed on every level in their franchise, from management to coaching to execution of the players on the field. If you are any kind of fan of the NFL, you know the most important position is the quarterback. This past season, Ryan Fitzpatrick was a nightmare. The Jets certainly need to address the quarterback situation in free agency and need to bring in a veteran to compete with both youngsters Christian Hackenberg and Bryce Petty for the starting job. Should they address the quarterback position in the NFL Draft?

Certainly we have no idea what Hackenberg is or what he could be at this stage. We did see Petty in 2016, as he played and or started in six games and threw for 809 yards and completed 56 percent of his passes with three touchdowns and seven interceptions. He has a nice arm and he has some good athletic ability, but he certainly did not do enough to stamp himself as the future of the Jets.

Come April, I don't think the investment in Hackenberg should prevent the Jets from drafting a quarterback in the first round if they feel as an organization that said player is "the guy" and "the answer." The Jets organization in Florham Park should have a better idea than anyone else of what their two young quarterbacks are and what they are not. They should know if they have a solution long term at the position. If they feel they do not, and they feel that solution is there in the first round, than they have no other choice but to draft a quarterback in the first round.

The names are already out there in Clemson's Deshaun Waston, North Carolina's Mitch Trubisky and Notre Dame's DeShone Kizer. All three have their positives and negatives. If the Jets feel that one of these guys is the one, then they need to pull the trigger. It will be on the Jets brain trust to find their future quarterback if they believe he is not already in the building.

As we get set for all the coverage of Super Bowl 51 this week between the Atlanta Falcons and the New England Patriots, remember they have Matt Ryan and Tom Brady at QB. They have franchise quarterbacks and when you don't have one, you better get one. After all, the quarterback position is the most important position in the NFL and the Jets have been searching for their next franchise quarterback for a long time.

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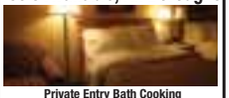

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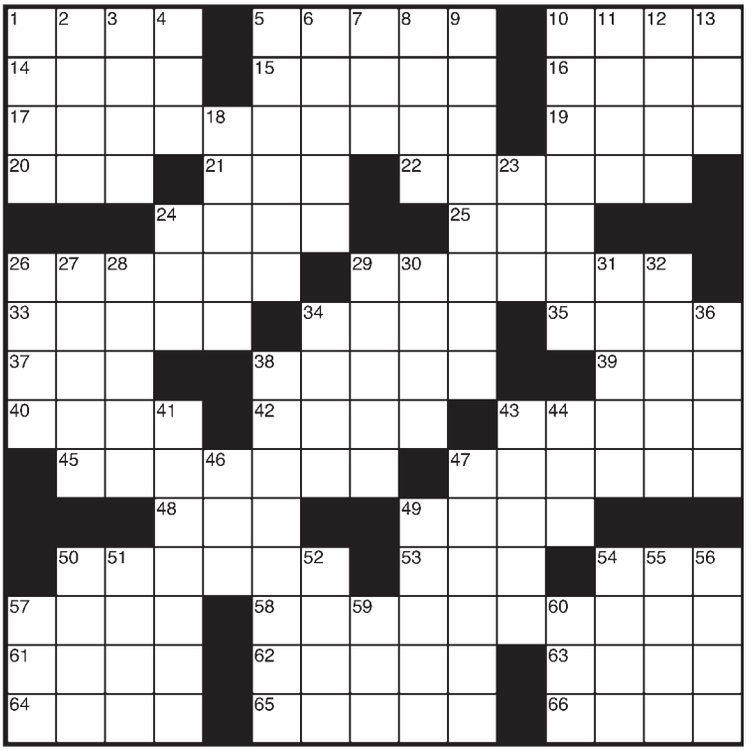
metro.us/crossword

Across

1 Muscle complaint
5 Fracas
10 Was very thrifty
14 Plant in a swamp
15 Storrs coll.
16 Prefix for dynamic
17 Heavy-rain phenom (2 wds.)
19 LP speeds
20 Part of CST
21 -- -- woodchuck would ...
22 Athens rival
24 U.K. native
25 Kimono accessory
26 Ill humor
29 Good buddies
33 Lobster orders
34 Destroy
35 People, informally
37 -- Arbor, Mich.
38 22-card deck
39 Coach Parseghian
40 Film with 9 Oscars
42 Kilt wearer
43 River of Pakistan
45 Vanquish
47 Jewelry fasteners
48 Wernher-- Braun
49 Goatee site
50 Alligator cousin
53 Piniella of the diamond
54 Mortar trough
57 Round tent
58 Nonstop talker (hyph.)
61 Ration out
62 Taken (2 wds.)
63Deep-voiced lady
64 Citrus coolers
65 Gray-green shrubs
66 Go with the --

Down

1 Yips
2 Early Briton
3 First in line
4 Newspaper execs
5 Healthy coffee go-with
6 Brilliance
7 London lav
8 Hazzard County deputy
9 Period?
10 Loop for a lobe
11 Retained
12 Columnist -- Bombeck
13 Salon styles
18 Adds to staff
23 Mr. Vigoda
24 Eur. country
26 Antler bearer
27 Financial calamity
28 Argot
29 Commotion
30 Warden's fear
31 Couples
32 Waffle topping
34 Rev the engine
36 Lip, slangily
38 Tidal waves
41 Asks along
43 Hip bone
44 A Bobbsey twin
46 City near Tehran
47 Tasks
49 Intimate
50 Prompted
51 "Laugh-In" name
52 Pop singer -- Hendryx
54 Shuck peas
55 Director -- Preminger
56 Red Sea vessel
57 Vocalist -- Sumac
59 Barge pusher
60 Bumbler



metro.us/sudoku

easy

5			6	7	1			
	8							1
9					5	7	2	6
	7					5		
		1	8	2	7	9		
		4					1	
1	3	8	7					5
6							3	
			3	1	6			2

hard

	2	9		6		7	3	
			5				8	
		8		9		1		
	8	2	3			9		
	1						4	
		4			7	6	2	
		5		1		3		
	4				5			
	6	1		2		8	5	

metro.us/horoscopes

Aries You'll be ready to take on the world, but that doesn't mean you should be impulsive. Think first, but don't hold back once you are ready to make your move.

Taurus Stay focused on what's important to you and what will bring you closer to your goals. Helping others will add to the knowledge and experience you need to advance.

Gemini Restrain yourself from getting involved in organizations that may conflict with your beliefs or background. Be prepared for some negative consequences.

Cancer Pace your actions, and don't fall into a trap that will lead to discord. Engage in striving for personal gains and exploring the endeavors that fascinate you.

Leo Put everything you've got into what you want to achieve. Personal perfection will be the result if you stay focused and intent on doing what you do best.

Virgo You'll be torn between what you want to do and what you should do. Take care of your responsibilities early so you can enjoy the things and people that mean the most.

Libra Your changeable attitude will confuse your inner circle. Try not to make impulsive decisions that could disrupt your home and family. Work on improving yourself.

Scorpio Put your time and effort into learning, reconnecting with people you've lost touch with and making your home more inspiring and conducive to creativity.

Sagittarius Not everyone will be on your side. Emotional manipulation will be difficult to deal with. Don't let anyone take advantage of your generosity.

Capricorn Be careful what you say and do. Problems with peers, relatives and people who oppose your way of thinking can be expected.

Aquarius An unexpected change in the way you handle financial or contractual matters will prove to be advantageous. Look past any limitations you face and forge ahead.

Pisces You'll be frustrated by the constraints imposed upon you. Don't give in when you can figure out a way to get around any obstacle. EUGENIA LAST

This weekend's answers

B	U	G	S		M	A	U	V	E		E	V	E	N
O	S	L	O		E	D	G	E	D		D	I	R	E
Z	E	A	L		D	O	L	E	S		D	A	I	S
O	R	D	I	N	A	R	Y			F	I	L	E	S
			T	I	L	E		F	A	R	E			
S	T	R	A	P			P	A	R	A	D	I	S	E
L	I	A	R	S		R	A	V	E	N		B	U	M
A	B	B	Y		K	A	Y	O	S		D	E	E	M
N	E	B		S	E	W	E	R		B	E	A	D	Y
T	R	I	A	N	G	L	E			A	C	M	E	S
			P	O	S	Y		I	O	T	A			
A	G	L	O	W			H	O	G	T	Y	I	N	G
S	O	U	L		O	Z	O	N	E		I	D	E	A
T	O	I	L		M	A	M	I	E		N	O	R	M
A	P	S	O		S	P	E	C	S		G	L	O	P

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